

AMENDMENTS TO THE CLAIMS

Please amend the claims as indicated hereafter.

Claims 1-3. (Cancelled).

4. (Previously Presented) The club as defined in claim 11, further comprising a grip.

5. (Original) The club as defined in claim 4, wherein the grip is molded to provide a correct hand grip.

6. (Previously Presented) The club as defined in claim 11, wherein the release mechanism is a spring-loaded device.

7. (Canceled).

8. (Previously Presented) The club as defined in claim 11, wherein the clubhead includes a stopper.

9. (Previously Presented) The club as defined in claim 11, wherein the shaft is a weighted shaft.

10. (Previously Presented) The club as defined in claim 11, wherein the weight slides away from the clubhead along the shaft on a backswing and the weight slides back to the clubhead on a downswing.

11. (Previously Presented) A golf swing training club comprising:
a shaft;
a clubhead;
a weight coupled to the shaft, wherein the weight slides along the shaft during a golf swing; and
a release mechanism being connected to the shaft and being capable of providing tension between the weight and the shaft, the release mechanism including an adjustment member that is coupled to the weight, the release mechanism being capable of releasing the weight when a centrifugal force is applied to the club, wherein the adjustment member adjusts the tension imposed between the weight and the shaft to adjust the amount of centrifugal force needed to release the weight during the swing, wherein the weight slides down the shaft and hits the clubhead to provide feedback of a proper or improper swing.

Claims 12-14 (Canceled)

15. (Previously Presented) The method as defined in claim 16, including the step of causing the weight to slide along the shaft away from a clubhead on a backswing, and causing the weight to slide along the shaft back to the clubhead on a downswing.

16. (Previously Presented) A method for using a golf swing training club with a shaft, weight, and clubhead comprising the steps of:

- swinging the club;
- causing a weight to slide along the shaft during the golf swing;
- adjusting tension of the weight against the shaft to adjust the amount of centrifugal force needed to release the weight during the swing;
- releasing the weight during the swing when the centrifugal force is applied to the club;
- and
- causing the weight to slide down the shaft and hitting the clubhead to provide feedback of a proper or improper swing.

Claims 17-20. (Canceled).